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NOT AGAIN

Patriots win sixth Super Bowl in 18 years in defensive battle over Rams. 2, 20

GETTY IMAGES & NFL

Tensions flare as Brooklyn jail remains frigid. 4

'Star Wars': Bryce Dallas Howard talks directing TV spinoff. 18

The best shows to watch on TV this week. 19

NEWS



The New England Patriots are Super Bowl champions yet again after stifling the Los Angeles Rams in Atlanta on Sunday night. GETTY IMAGES

Pats do it again, win 6th Super Bowl title

Brady, Belichick and company kept their dynasty rolling in a low-scoring affair against the Rams.

JOE PANTORNO
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They say you can't teach an old dog new tricks. Good thing all the New England Patriots know how to do is win.

Even if it was in one of the ugliest Super Bowls ever.

For the third time in five years and the sixth time since 2002, the dynastic and veteran New England Patriots, led by Bill Belichick, are NFL champions, defeating

the up-and-coming Los Angeles Rams 13-3 in Super Bowl LIII on Sunday night at Mercedes-Benz Stadium in Atlanta.

Running back Sony Michel provided the lone touchdown of the game with just seven minutes left in the fourth quarter as the Patriots defense put on one of the more dominating performances in the game's history, holding the NFL's No. 2 offense to just 260 total yards.

Jared Goff was held to just a 50 percent completion rate with just 229 yards through the air. He was the only real threat to stop as Los Angeles inexplicably kept Todd Gurley on the bench for large portions of the night.

Quarterback Tom

Brady continued to cement his status as the greatest quarterback of all time, winning his sixth Super Bowl title in his ninth appearance in the big game. Only the Pittsburgh Steelers franchise has as many Super Bowl rings as Brady now.

While he didn't have the offense necessarily clicking on all cylinders, completing 21-of-35 passes for 265 yards and no touchdowns, his No. 1 target in Julian Edelman took home Super Bowl MVP honors after posting 10 receptions for 141 yards.

It was a less than auspicious start for both sides, whose high-powered offenses were expected to start rolling immediately. The game was scoreless through the first quarter, which featured a Brady interception on his first pass of the game, the Patriots burning through two timeouts in the first quarter, and a Stephen Gostkowski missed field goal.

The Rams were just broken as they accrued just 32 yards and a first down in their first three possessions.

A scoreless first quarter is commonplace when the Patriots are involved in a Super Bowl, though. Out of the now nine scoreless opening quarters in Super Bowl history, the Patriots have been featured in five of them. They had won the previous four.

Gostkowski finally provided a breakthrough with a 42-yard field goal inside five minutes of the second quarter. It proved to be the only scoring of the half as the Rams were held to just 57 total yards in the opening 30 minutes while giving star running back Todd Gurley just three carries.

The 3-0 scoreline was the second-lowest half-time mark in the game's history behind Super Bowl IX, which was 2-0 between the Pittsburgh Steelers and Minnesota Vikings.

The stout defensive play continued well into the second half as neither Brady nor Goff could find any sort of way to the end zone. While the Patriots would sputter near midfield, the Rams were simply overmatched by New England's defensive schemes, punting on all of their first eight possessions.

Midway through the third quarter, Edelman was outgaining the entire Rams offense 128-82.

The Rams found their breakthrough with 2:11 left in the third, their ninth possession of the game, thanks to a Greg Zuerlein 53-yard field goal that capped off a 10-play, 42-yard drive.

With the score at 3-3 heading into the final 15 minutes, it was the lowest combined score after three quarters in Super Bowl history.

With seven minutes in the game, a touchdown finally came when Michel provided the game-winning touch-

down, punching home a two-yard rush. The Georgia product became just the second rookie in the last 30 years to record a rushing touchdown in a Super Bowl, which provided some life to the defensive stalemate.

The Patriots iced the game on the Rams' ensuing possession, one of their most promising of the game, when Stephon Gilmore picked Goff off on the New England four-yard line with 4:27 to go.

A strong ground game of Michel and Rex Burkhead proceeded to help get the Patriots up two possessions in the final minute. A Gostkowski 41-yard field goal with 1:12 left put New England up by two possessions.

Sure, it wasn't pretty. In fact, it might have been one of the worst Super Bowls ever played. But that won't bother Bostonians in the slightest, as they'll celebrate another title in Beantown this week.



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Protests intensify as Brooklyn jail cells remain frigid

More than 1,600 inmates have suffered in near-freezing temps: Court filing.

Inmates at a federal jail in Brooklyn have suffered for days without heat or power during a wintry cold snap, according to lawyers and U.S. lawmakers whose rally outside the jail began on Saturday demanding the problems be fixed and ill inmates moved.

Mayor Bill de Blasio, after receiving reports of the inhumane conditions suffered by the prisoners, announced on Saturday that the city of New York would deliver hand warmers and blankets to the prisoners, several of whom reported difficulty breathing due to the cold and lack of access to medicine. However, according to Assemblywoman Joanne Simon, prison officials never actually gave any prisoners the blankets, despite accepting the delivery.

"There are rumors and there is misinformation because they're hiding," said Congresswoman Lydia Velazquez at the protest, criticizing prison officials for not addressing the well-known heating problems until it reached a crisis point. "We're here to do whatever it takes so that these people have some heat."

A federal judge has ordered the Bureau of Prisons

to appear in court on Tuesday to testify as to the source of the problem and when it will be fixed. The Legal Aid Society of New York reported to the Bureau of Prisons about the inadequate heating in the MDC facility as early as Jan. 22, but never received a response.

Protesters have criticized the administration of the MDC facility in Brooklyn, in addition to callous disregard for the human rights of their prisoners, of deliberate misinformation. Police at the facility had already used pepper spray against the non-violent protestors on Sunday.

"Their windows were frosted over. Even more disturbingly, perhaps, for the inmates, their cells were pitch-black and they don't have flashlights."

Deirdre von Dornum, overseer of Federal Defenders' Brooklyn team

Prison officials claimed that they have "submitted a work ticket" on the issue.

A fire last Sunday, Jan. 27, at the Brooklyn Metropolitan Detention Center cut off power and heat to parts of the jail

just as freezing arctic air began rolling toward the East Coast, according to motions filed this week in federal court by lawyers from the Federal Defenders, who represent some of the inmates.

Since then, at least some of the more than 1,600 men and women incarcerated at the jail have suffered in near-freezing temperatures and in darkness after the sun goes down while locked in their cells for 23 hours a day, according to the court filings. On Wednesday night, the temperature in New York City dropped to nearly 0.

"Inmates were wrapped head to toe in towels and blankets," Deirdre von Dornum, who oversees the Federal Defenders' Brooklyn team, said in a telephone interview on Saturday, recounting her tour of the jail the day before. "Their windows were frosted over. Even more disturbingly, perhaps, for the inmates, their cells were pitch-black and they don't have flashlights."

She said senior officials at the jail were "indifferent" to the problems during her tour, even as guards complained to her of the cold. The power problems have also meant inmates cannot easily call family or lawyers nor get any needed medication refilled, lawyers said.



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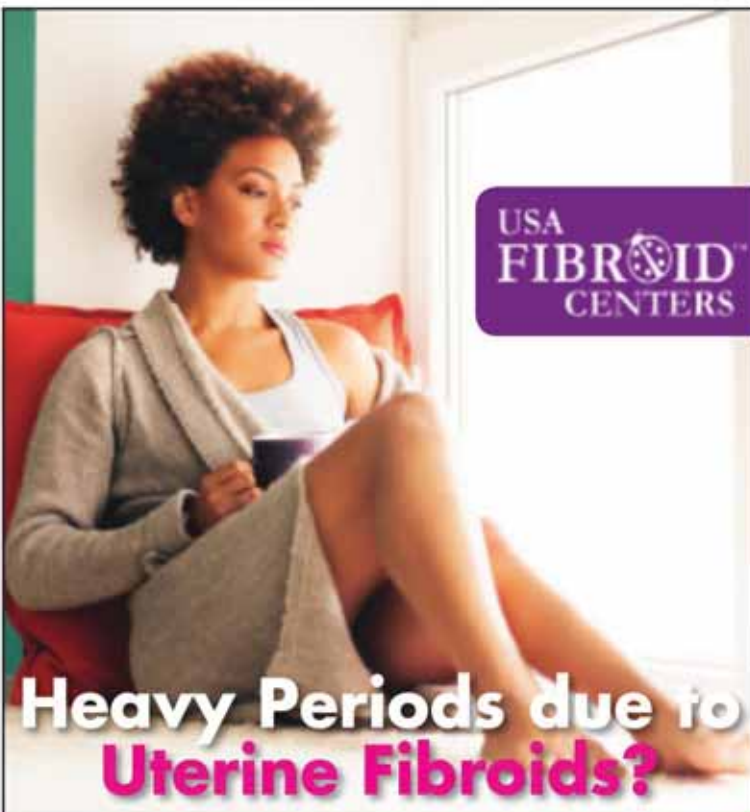
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New York is in the middle of its largest measles outbreak in decades.

GETTY IMAGES

Bill introduced to repeal vaccine opt-out for religious reasons

New York is seeing its worst measles outbreak in decades, concentrated in the Orthodox Jewish community.



KRISTIN TOUSSAINT
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As New York sees its largest measles outbreak in decades, a bill introduced in the New York State Assembly would repeal a state provision that exempts children from getting vaccinations for religious reasons.

Since September 2018, there have been about 200 recorded cases of measles across New York state.

As of Jan. 29, 2019, there were 64 confirmed cases of measles in the Orthodox Jewish community in Brooklyn alone since October, according to the city health department.

The bill, introduced by Democratic Assemblyman Jeffrey Dinowitz, who represents the 81st Assembly District in the Bronx, would repeal all non-medical exemptions from vaccination requirements for children across the state.

"Kids are getting sick, and they're getting sick because they're not getting vaccinated. It's that simple," Dinowitz told Politico.

This isn't the first time such a bill has been pro-

posed; historically, efforts to make changes to the religious exemption have not fared well.

There's currently a measles outbreak in Washington state as well, where officials announced a state of emergency and cited concern over the area's lower-than-normal vaccination rates.

Measles outbreak in NYC: Orthodox Jewish leaders encourage vaccines

Across the country, the number of measles cases tripled in 2018 compared to 2017, and 2018 saw the second-highest number of measles cases reported since measles was eliminated in the U.S. in 2000.

One reason for this increase, according to the Centers for Disease Control and Prevention, was the high number of unvaccinated people in Orthodox Jewish communities in New York state, New York City and New Jersey.

But the question of whether or not there is actually a religious reason that some Orthodox Jewish individuals may not vaccinate their children is complex.

"It says in the Torah, 'V'nishmartem Meod L'nafshoseichem,' that a person must guard their health," said Rabbi David Niederman, president of the UJO of Williamsburg and North Brooklyn, in a November statement. "It is abundantly clear on the necessity for parents

to ensure that their children are vaccinated, especially from measles."

"Thankfully, close to everyone in the community understands and takes very seriously their vaccination obligations," he added. "The current outbreak is a risk to the health of the children in our community and it is incumbent on everyone to have their children vaccinated."

The Orthodox Union and the Rabbinical Council of America both "strongly urge" all parents to vaccinate their healthy children in line with their pediatricians' recommendations. There is an obligation to prevent harm and illness to others, they note.

But the same Orthodox religious argument about avoiding harm has been used by some anti-vaccine individuals, as well, leading to a spread of misinformation throughout the community.

That's why some officials say a bill should not target religious protections, but instead focus on education and community outreach regarding vaccines in general.

Religious exemptions to vaccines are growing, according to a National Center for Biotechnology Information paper from 2016, but those researches added that the issue is not within the core theology, but in individual parents or religious leaders "and their questionable interpretation of religious practices."

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Gov. Ralph Northam addresses the media Saturday.

GETTY IMAGES

Dems press Virginia governor to resign over racist photo

Former Vice President Joe Biden was among those calling for Northam's resignation.

Senior Democrats on Sunday accused embattled Virginia Gov. Ralph Northam of being dishonest and urged him to resign after he backtracked from an earlier admission that he appeared in racist garb in a yearbook photo.

Northam, a Democrat trying to resist mounting pressure from his party to step down, on Saturday walked back his admission that he was one of two people shown in the photo from his 1984 medical school yearbook, one person in blackface standing next to another in a Ku Klux Klan costume.

Northam, who took office a year ago, had admitted on Friday he was in the photo from the 1980s.

Even as he denied it on Saturday, he admitted to dressing up in blackface to imitate the late pop star Michael Jackson in a dance contest around the same time.

"He is being completely dishonest and disingenuous," Democratic U.S. Rep. Karen Bass said on NBC's "Meet the Press."

"I think given the overall climate around race in this country, especially over the last two years, it's completely unacceptable," said Bass, who chairs the Congressional Black Caucus.

She also took issue with Northam's claim that wearing blackface was commonplace in 1984.

"He's basically saying that he participated in it and especially when he described the time that he did the Michael Jackson impression," said Bass. "He even acted at the press conference like he was willing to moonwalk until his wife

stopped him, which shows that he still does not understand the seriousness of his actions."

Bass' sentiment was echoed by Donald McEachin, a black House member from Virginia, who said he had spoken to Northam on Friday and that the governor was apologetic.

"So I was really surprised when the next day he comes out and says it's not him," McEachin, a Democrat, also said on "Meet the Press." "That was quite a surprise to me."

Former Virginia Gov. Terry McAuliffe, who has called for Northam to resign, said he believed he would do so.

"It doesn't matter whether he was in that photo or not in the photo at this point. We have to close that chapter," McAuliffe said on CNN's "State of the Union."

"And if Ralph is watching this today, I know how much he loves this Commonwealth of Virginia. And you have got to make the right decision. You have got to make the right moral decision."

Democratic party strategists worry that the controversy could hurt the party's chances in the 2020 presidential election. Virginia is a competitive state that leans Democratic.

Former Vice President Joe Biden, a Democrat weighing a 2020 presidential run, has also urged Northam to step down.

Other prominent Democrats — including 2020 presidential candidates Sen. Kamala Harris, Sen. Cory Booker, Sen. Kirsten Gillibrand and Julian Castro, a former top U.S. housing official — have been calling on Northam to resign since Friday.

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GETTY IMAGES

Judge allows congestion surcharge be collected on for-hire trips

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KRISTIN TOUSSAINT
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A New York Supreme Court judge has lifted the block on the city's congestion pricing surcharge, allowing that surcharge to be collected on for-hire vehicle trips in Manhattan.

Manhattan's congestion pricing surcharge was originally set to go into effect on Jan. 1, but the judge blocked the charge, issuing a temporary restraining order on Dec. 20 until the city and for-hire vehicle drivers both got their chance to make their case in court.

New York City taxi drivers have long opposed congestion pricing, saying it's an unfair target that will make their business even more difficult as medallion owners compete with for-hire vehicle apps like Uber and Lyft.

The surcharge does apply to for-hire apps as well, though pool rides, the most common for Uber and Lyft, will see a smaller charge.

Mayor Bill de Blasio said on WNYC on Friday that there's still a need for yellow cabs and he doesn't think the congestion pricing surcharge will change that.

"Whether you're in a yellow cab or a for-hire vehicle, you'll be paying a surcharge either way," he said, "so I don't think

it changes market conditions."

Though the block is now lifted, allowing drivers to collect the congestion pricing surcharge on Manhattan trips below 96th Street, the case between taxi advocates and the city, state and the New York City Taxi and Limousine Commission is not over.

The congestion pricing surcharge means riders will pay an extra \$2.50 for taxis, \$2.75 for Uber, Lyft and other ride-share apps, and \$0.75 for shared pool rides.

New York City taxis already have a base fare of \$3.30, so along with this congestion surcharge, just getting in a cab will cost you \$5.80. For-hire apps have escalating tiers of base fare, depending on what sort of vehicle you call.

The revenue from these charges will go to the MTA; the transit agency expected the congestion surcharge to generate \$1 million a day in revenue, or \$365 million in 2019, if it were to have started on Jan. 1 as planned.

Taxi advocates say this could be a burden to drivers, but Judge Lynn Kotler disagreed.

"The congestion surcharge is to pass directly to consumers, and to the extent that petitioners contend that their business will be affected by the same, such an effect does not mandate the continuation of a further prohibition upon the state's ability to collect on the tax," she wrote in her decision.

Taxi drivers are happy

the lawsuit will continue, but they're still concerned about collecting the surcharges.

"Implementing the surcharge while the lawsuit continues could put the industry in the predicament of figuring out how to refund passengers, even those who paid with cash, should the drivers ultimately win the case," Bhairavi Desai, executive director of the New York Taxi Workers Alliance, said in a statement.

The state Department of Taxation and Finance issued guidelines and promoted driver registration for the surcharge before this ruling. The Taxi and Limousine Commission, along with the for-hire companies, assured state officials that their technology was ready to allow them to collect the congestion pricing surcharge.

"The judge's decision is a positive step in our efforts to find a dedicated revenue stream for our subways and buses, as well as easing congestion in Manhattan's central business district. More than \$1 million a day will now go directly to the MTA, and we are moving forward vigorously with a full congestion pricing plan that will cover a total of \$15 billion for the MTA's capital budget," said Patrick Munice, spokesman for Gov. Andrew Cuomo's office, in a statement. "We will continue to defend the law, which was approved by the Legislature, at the next court date so that New Yorkers have a safe, reliable transportation system."

NYC Doctors Urge Back Pain Sufferers: Avoid Surgery Or Addictive Drugs Until You Read This...

Modern Treatment stands to free thousands of New York Area pain sufferers from reduced mobility, stress and poor quality of life. Treatment may help avoid surgery or overuse of dangerous medication

NEW YORK CITY - If you are interested in relieving back pain or neck pain, getting back to basic daily activities without discomfort and having more energy, than this this will be the most exciting message you ever read.

Here's why

There is a medical clinic in New York City called **NYC Pain MD**. Actually two of them... in different parts of the city. I'm not sure... but if I'm right... you may want to call them after reading this. If so, their phone number 877-907-2934.

Anyway... Here's What This Is All About

The doctors at **NYC Pain MD** have made a discovery of sorts. It's not a discovery as in they invented something new. It's a discovery about when and how they apply certain back pain treatments... that they have fine tuned... and perfected to get better results than they ever thought possible.

Countless patients are living proof. **And check this out:** What NYC Pain MD doc's actually use is called an "algorithm"... a special step-by-step formula starting with proper evaluation so you make sure to leap frog or bypass treatments that won't work... and find the ones that will work best for you in a little time as possible. Less trial and failure means better quicker results for the pain sufferer.

Now, you may have even heard about many these treatments. **But here's one I bet you may have never heard of... that might help you... and it's not an "epidural".**

This treatment is called:

"Radiofrequency Neurotomy." RF for short. RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical centers... to "block" the painful nerve flow.

To decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

But... It's NOT Just The Treatment Alone That Is The Key Ingredient

You see, the real secret is the **NYC Pain MD formula**. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step Number One.

And what you'll really like is... this screening is **FREE**

That's right. **NYC Pain MD** offers this first step screening at no cost to patients. The only problem is... they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes its hard to get through. If you don't get through to someone when you call... keep calling... or leave a message... it will be well worth it.

This screening will give you so much relief just knowing what is going on... and what your best options are.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you can understand completely. Not all complex "doctor talk".

The best treatment may be one... or a combination of several advanced medical treatments offered at **NYC Pain MD**.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At **NO COST**. **NYC Pain MD** doctor's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with so many patients patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While **NYC Pain MD** cannot accept every case or help everyone... so many have finally gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings is because it has opened the door



NYC Pain MD offers innovative treatments for back and neck pain using modern techniques without hospitals or surgical centers.

to so many people that never would have gotten help otherwise.

At the very least, you will finally have some direction and a plan. And whether you have the best, worst or no insurance at all, **NYC Pain MD** programs can be made affordable to everyone

They do not want insurance issues... or *not* being rich or famous... to keep you away if you are suffering in pain.

There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

So... if you are even remotely interested... take the a first step give them a call at 877-907-2934.

How To Schedule Your Risk-Free No-Obligation Screening Evaluation

When you call, tell the scheduling experts you are calling for the special "**No Obligation Back Pain Screening Program**". They will know exactly what you need to do and will find the next available and convenient spot in our schedule. So again, just call 877-907-2934. The lines get very busy so if you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is 877-907-2934.



www.PainMDNY.com
877-907-2934

NYPD should increase transparency, according to disciplinary system review

The NYPD will implement the recommendations from an independent review.



KRISTIN TOUSSAINT
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The NYPD announced a slew of changes coming to its officer disciplinary system after a panel of criminal justice professionals suggested that the police department take steps to increase its accountability and transparency.

The independent panel, which included two former U.S. attorneys and a former federal judge, released a report on Friday looking at the whether the NYPD disciplinary practices were fair and effective.

"At a very high level, we found a complex disciplinary system which is

imperfect but which generally seems to deliver fair disciplinary outcomes," former Manhattan U.S. Attorney and Securities and Exchange Commission chair Mary Jo White told reporters at a press conference. "We also found, however, an almost complete lack of transparency and public accountability in the NYPD's disciplinary system."

Among their recommendations, the panel suggested that the NYPD release annual disciplinary statistics, appoint a citizen's liaison to help police misconduct victims access case info and support changes to a current state law known as 50-a, which prevents the public release of the outcomes of officer disciplinary cases.

NYPD Commissioner James P. O'Neill convened the panel to conduct this review in June 2018.

"We recognize we



DAVE HOSFORD / FLICKR

can always do better and that's what this process has been about. We don't ever fear scrutiny, we welcome it and our primary goal is to have a disciplinary system that is as fair, clear and consistent for all involved, and that's essential to the police and public alike," he said at a

Friday news conference. "As with everything, trust is key here and it hinges on accountability and transparency."

O'Neill named First Deputy Commissioner Benjamin Tucker to the chair of the new NYPD Implementation Panel, which is tasked with mak-

ing the all the disciplinary review report's recommendations a reality.

That panel will also identify an outside organization to audit the NYPD's reforms to its disciplinary system.

To activists and those impacted by police violence, the panel's report has affirmed what they have "long known," said Anthonine Pierre, a representative for Communities United for Police Reform, in a statement: that "the NYPD's disciplinary process lacks transparency and is fundamentally flawed."

"The NYPD's overly broad and ever-expanding application of the 50-a police secrecy law has protected and empowered officers who engage in misconduct," she added. "That's wrong and unacceptable. ... Increasingly, the NYPD hides behind 50-a and invokes it to

block the release of vital information, such as outcomes of misconduct investigations and disciplinary proceedings. It's time to repeal 50-a. Repealing 50-a in the state legislature will increase police transparency and accountability, and enhance public safety."

The mayor said in a statement that at the center of the NYPD's success in making the city safer is "transparency and accountability in the relationship between our police officers and the communities they serve and protect."

"These thoughtful reform proposals represent meaningful progress in the never-ending mission to make our city safer and fairer," he said of the report. "I commend the police commissioner for launching this review and for adopting its important findings."

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Pat King
Grumble Editor

READER WRITE-INS:

There was plenty of room on the subway on my way to work, so I decided to sit in an end seat where I could rest my arm on the rail. Room to sit comfortably can be a rare

commodity, so I was off to a great start. Woefully, it was short-lived. At the second stop a woman entered the subway car and decided to stand next to me and slouch against the rail my arm was resting on. Her giant hood trimmed in fur was literally rubbing against my face. There were plenty of seats available, yet she decided to get uncomfortably close to me. Seriously, some people have no sense of personal space. Kindly keep your fur out of my face!

— Bernadette, Metro US reader (and personal space advocate)

VENT TO US!
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SEND US YOUR PET'S WINTER FASHION!

With the weather dipping down into the negatives, the early morning struggle is real for dog owners all over. As you head out in the morning, you not only have to bundle yourself up a little more, but making sure your dog is warm should be a priority as well. It goes without saying, but dog winter gear is one of life's great joys. That's why we are asking you, our trusty readers, to send in pictures of your dogs dressed to humble@metro.us and we will post the best ones here.



Ready to go!
BRUCE ALMIGHTY
METRO US READER

Please remember to send your Humbles to humble@metro.us. These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.

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Aries Take advantage of any opportunity you get to learn something new. It will make a difference when you decide to embark on a personal change. Knowledge is power.



Taurus A physical change will lift your spirits. Focus on better health, fitness and proper diet. You'll have the discipline to reach your goal. Romance will enhance your life.



Gemini Put more time and effort into your job or apply for a position that will give you greater responsibility and earning potential. Send out résumés and set up interviews.



Cancer Take it easy. Do things that will ease stress. Working on an enjoyable project will take your mind off your worries. Don't take on someone else's responsibilities.



Leo It's up to you to make changes if you don't like the way things are going. Use your intelligence and connections to take advantage of opportunities and new beginnings.



Virgo If you participate in something unusual, you'll meet someone interesting. What you discover will help you redefine what you want to pursue. Romance is featured.



Libra Socialize with people who have something to offer. Sharing information will help you formulate ideas, bring about change and encourage joint ventures, collaboration and interesting opportunities.



Scorpio Concentrate on self-improvement, physical health and inner growth. Don't let others deter you from doing your own thing. Avoid emotional discussions that could lead to unwanted domestic changes.



Sagittarius Look at the bright side of life. Turn any negative into a positive. Don't let change upset you. Make the most of whatever comes your way. A personal change will improve your life.



Capricorn Hard work will pay off. Putting more time and effort into improving your personal environment will also prompt you to start something new. Love and romance should be priorities.



Aquarius If you say what's on your mind, you will be able to make changes that will improve your life and important relationships. A financial gain looks promising.



Pisces Do what you can to help others, but not at the expense of going into debt or paying for someone else's mistake. Offer time, suggestions or advice, not money or prized possessions. EUGENIA LAST

Bob Mould on making room for a little bit of sunshine

The legendary alt-rock pioneer talks his new album "Sunshine Rock" and why there's always time for a fresh start.



PAT KING
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Bob Mould is tired of being angry. At least for now, that is.

For a career that spans over 40 years with such seminal and influential bands as Husker Dü, Sugar and his own solo output, the trailblazing singer-songwriter has laid the groundwork with bands like R.E.M. and the Replacements for what modern guitar-rock can only aspire to be. But while some of his earlier music had been characterized by his scorched earth and highly personal subject matter, his brand new album *Sunshine Rock*, out on Feb. 8, finds Mould looking to lighten the mood just a little bit. But that deserves some context, of course. The new album comes off the heels of a trio of deeply reflective releases, 2012's *"Silver Age"*, 2014's *"Beauty and Ruin"* which came after the death of his Father, and 2017's *"Patch the*



Bob Mould AUCIA I. ROSE

Sky" which was written after the death of his mother. Since then, Mould needed a fresh start both musically and in his personal life. He found a new home in Berlin and began shedding some of the distress that made his most recent albums so visceral for some of the brightest and most immediate material he has released in years. Metro caught up with Mould to talk about *"Sunshine Rock"* and the rest of his incredible career.

The new record "Sunshine Rock" comes off a run of some really excellent records. Do you view your new record as a continuation of those

records or do you see it as a fresh start?

It was definitely time for a fresh start. I think you know, losing my dad, writing *"Beauty and Ruin,"* losing my mom, writing *"Patch the Sky."* This time around, it was like I'm hoping for a break here. You know I've had writing at the end of 2016 going into 2017 and then all of a sudden the song, *"Sunshine Rock"* appeared. It became the tent pole for the record. It became the "a-ha" moment. Write to the light, don't write to the dark. You know my work well enough that it takes some effort to make that decision. It's not a natural one for me. So yeah it was def-

initely a very conscious decision. Once the brightness appeared, I was like "OK. Let's go with this."

The record has the same blistering guitars usually associated with your work but also introduces some lush orchestral string arrangements. Were you conscious of trying to stretch the arrangements?

Making the decision to do strings, or following through, and getting everything out, getting the folks in Prague to work on this, that was a late entry into the process. As I'm writing and demoing songs, they're fairly elaborate. A lot of times, I'll use keyboards as place-

holders for melodies and a couple weeks before we started making this record I sort of woke up one morning and realized I must have more melody! I'm going to destroy things. I'm going to spend five days orchestrating six songs. So, that became my objectives, and maybe it was a way to ... I don't know (laughs). But, I always write with melody in mind.

When I got close to the tracking, I went "well, I'm going to go strings" and then it was a flurry of writing. So, the melodies were there but they didn't manifest as strings until the last minute of the writing process. That's kind of how I got to that immediacy of the vocals similar to *"Workbook"* and *"Black Sheets of Rain."* The last time in recent history that I've gone in and sung without thinking. I haven't done that in a long time. Sugar records were very meticulously stacked. I got into that habit and that habit stayed with me until *"Patch the Sky."* That methodology and just going for that singular vocal. That happened I did not plan for that to happen. It happened because we did that *Shocking Blue* cover [*"Send Me a Postcard"*]. We had a day where we had nothing

else to do so we started doing covers and that was the first time I sang in the studio on the record.

During your career, you have been championed by record labels that were inspired by the work you had done with Husker Dü. First with Creation Records signing Sugar and now with Merge Records putting out your solo releases. Does it feel good to know that your influence is being felt?

I didn't see it coming and I'm grateful for it. I think if we go back to the autobiography in 2011 [*"See a Little Light: The Trail of Rage and Melody"*], and the Disney Hall tribute show of 2011, that became the concert documentary, I think that's where the stage might have been set for that. I think it created awareness for people who weren't familiar with the work and they came to it by association. I think, specifically with *"Merge,"* originally they were just interested in the Sugar reissues, and I mentioned to them that I might have a new album and I played them some stuff. It was sort of funny because they came originally for nostalgia but ended up with a future. So, it was crazy how that happened right (laughs)?

Let your stuff spark joy in someone else.

After you finish tidying up, donate your furniture, appliances and home décor to the Habitat NYC ReStore. You'll support affordable housing as you clean—now that's joyful!

www.habitatnyc.org/restore



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Important Knee Arthritis Pain Alert

"Study Shows Simple Treatment Helps Avoid Knee Replacement Surgery For 3 out of 4 Worst Cases At Least 7.3 Years..."

Free Screenings* Offered At NYC Medical Clinic To See If You Qualify For This Proven And Effective Treatment. *Spots Are Limited Due To High Demand

NYC - What would it be worth to you if... in just 60 minutes... you could finally discover a way to get relief for your knee arthritis pain?

And...

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And...

Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?

A life where...

...you jump out of bed in the morning, well rested and ready to take on the new day, without pain...

...you don't have to take slow, limping laps around your bedroom just to be able to walk every morning...

...you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again...

...you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain...

Well... that's exactly what can possibly happen to you if you spend just 60 minutes with us...

...Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is...

I know you may find this hard to believe. Just about every one does when we tell them about this... at first.

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

Do You Have An Open Mind?

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed...

Because There is Proof Real medical proof.

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique... just like we do it.

And he wanted to prove... beyond a shadow of a doubt... the results he got... were not only REAL... they could most likely work for others just like you.

So he conducted some research, an 11 year project, and is was published in the "Journal of Knee Surgery"... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

What were his results and what do they mean for your pain?

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

This is incredible news for you... and here's why...

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So... these were the WORST cases of which every thing else had failed... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

And it gets better. The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

Bottom line: This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

What IS This Treatment And How Can You Find Out If It Can Help You?

As studied as this treatment is... you may have an "Oh No!" reaction. Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for.

Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called "viscosupplementation." It is frequently called, "gel treatment." Or "joint oil".

In this treatment, a gel is painlessly injected directly into your arthritic joint. This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis. This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move much better.

But here is something you must know: In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you have already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

We have the best... but we also make treatments VERY affordable

Just because we offer the best possible treatments and doctors... doesn't mean we are so expensive only rich people can get our wonderful treatments.

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as \$13.57 per week so patients can finally relieve their pain and try to avoid surgery.

So don't want lack of insurance or money to be the reason you continue suffering.

Your Special Invitation...

If you have knee arthritis pain... and are even



Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE

just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

Please understand this:

This treatment can possibly take away your pain... **No matter how long you've been suffering.**

It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case... but in the end... you can still get tremendous results...

No matter how bad or helpless you THINK your case is. Many of our patients thought their case was hopeless... too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment... the way our expert doctors do it... there is *always* hope.

Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief... and, best of all...

You Get To See If You Qualify For FREE

That's right. We want you to see EVERYTHING first hand and to prove to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

So my big question for you is - is the opportunity to wake up tomorrow morning... and every other morning for the rest of your life... with less pain... worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives?

You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain... just about every day.

They were in so much pain... they were grumpy and miserable all the time. They hated work. They're relationships were strained. Life was just one big struggle. Now that they've discovered what we will reveal to you at your free screening... all that's changed...

Work and family have become rewarding

and fun. Life is so much easier and better... in so many ways... without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you... right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want... and deserve.

Whatever YOUR personal hopes and dreams are... They are all possible if you take action... right now.

All you have to do is give this a chance and schedule for the screening. But then again...

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work... or... it may even be a little scary for you - but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be...

It Will Just Get Better All By Itself!

Fact is... it may only get worse.

Here Is How To Get Your Free Screening...

Just call us at 877 380 8537 and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

There is NOTHING to pay for and you will NOT be stressed in any way. We don't ever do that. You see, is not uncommon for us to get over 100 new patient calls in a single day.

Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

You have absolutely zero to lose and possibly everything to gain. But due to high call volume, we suggest you call now. **877 380 8537**

NYC PAIN MD

877 380 8537

You could see the next Kool Moe Dee at the Apollo Theater's Amateur Night.
SHANAR ALDAN

Warm up to February

Don't let the cold keep you from all the fun to be had in February.



EVA KIS
eva.kis@metro.us

Meet Frida Kahlo all over again

The largest exhibit of Mexican artist Frida Kahlo's works in the U.S. in 10 years is coming to the Brooklyn Museum. Alongside her famous paintings, drawings and

photography, the show includes rarely seen clothing, accessories and possessions discovered in 2004 that give a personal look into how politics, gender, national identity and disability played a part in her work and life. Feb. 8-May 12, brooklynmuseum.org

What's the deal with Jerry Seinfeld now?

After a two-year run of sold-out shows at the Beacon Theater in 2016-

17, Jerry Seinfeld is back in residence. The stand-up comedian known best for pulling back the veil of glamour from New York and, more recently, drinking a lot of coffee with fellow comedians will appear for 10 nights with two shows each. Feb. 8-June 7, msg.com

A new New Year

If the official calendar new year hasn't been working out for you, the Lunar New Year is an

opportunity for a second fresh start. Kicking it off is the Firecracker Ceremony and Cultural Festival in Sara D. Roosevelt Park to scare off evil spirits (Feb. 5), then the parade of dragons and dancers marches through Chinatown on Feb. 17, starting at Mott and Canal streets.

The best pups come to NYC

Meet more than 3,000 of the best dogs in the

world at the Westminster Kennel Club Dog Show. Feb. 9 is Meet the Breeds day, when you can shake paws with the participants and learn about what makes them unique, then cheer on the competitors of the annual Masters Agility Championship. Cat fans will have their moment, too, with feline fashion and agility shows. The main competitions take place Feb. 11-12; tickets are available to all events. Piers 92 & 94 and

Madison Square Garden, westminsterkennelclub.org

See what's new Off Broadway

The producers of Broadway have to play it safe to keep tourists happy, but there's plenty of innovative and risky theater happening Off Broadway. See 34 shows, from the new musical "Alice by Heart," from the creative team behind "Spring Awakening,"

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Catch the splendor of the Lunar New Year parade in Chinatown on Feb. 17. [DREW ANGERER](#)

to the cheerleading horror story "We Are Tigers" during Off Broadway Week, when tickets are 2-for-1. Feb. 11-24, [nycgo.com](#)

Keeping kosher fun

What started as a wine tasting in 2006 has grown into the Kosher Food & Wine Experience, taking over Pier 60 in Chelsea. The massive festival showcases all things kosher, from wine and spirits to the

newest dishes from restaurants and caterers around the city. Feb. 11, \$125, [thekfwe.com](#)

Where technology and humanity meet

Whether it's helping paralyzed people walk again or helping us see in the dark, technology is becoming a partner to our biology. In "Bionic Me," step into full-body experiences and hands-on displays like moving a ball with

your mind and using a robot arm to explore the next phase of human evolution. Feb. 11-May 5, [nysci.org](#)

The power of 'Love & Resistance'

This year marks the 50th anniversary of the Stonewall Riots, a turning point that took the LGBTQ civil rights movement from a handful of activists to a national movement. Beginning in

February through August, the New York Public Library is commemorating the events at the Stonewall Inn beginning with "Love & Resistance," a photography exhibition chronicling how the movement started in the 1960s and '70s. Feb. 14-July 14, [nypl.org](#)

Full STEAM ahead

The Intrepid Air, Sea & Space Museum puts visitors closer to the marvels produced by mathematicians, scientists and engineers all year. During Intrepid Kids Week, that learning experience becomes kid-sized with special booths, guests and events all over the museum, including live animal shows, a pop-up planetarium, hands-on activities and workshops on how things fly. Feb. 17-23, [intrepid-museum.org](#)

It's showtime at the Apollo

Dreamers come to The Apollo to get their start (and a pretty sweet

cash prize if they've got what it takes) beginning this month for a new season of Amateur Night. Bring your enthusiasm as special guest Raheem DeVaughn leads a night of music, dancing, rapping and spoken word, all to find New York City's next hometown star. Feb. 20, [apollotheater.org](#)

Movies for kids beyond Disney and Pixar

As North America's largest film festival for children and teens, the New York International Children's Film Festival is dedicated to sharing thoughtful, provocative and intelligent short films and features for children and teens ages 3-18. You'll find dozens of animated, live-action, documentary, virtual reality and experimental films from over 30 countries. Feb. 22-March 17, [nyicff.org](#)

The splendor of Singapore

The New York Botanical

Garden's annual Orchid Show uses this delicate and prized flower to tell broader stories about the world and art. This year's theme is Singapore, a tribute to the vibrant so-called City in a Garden and its dramatic Super-trees and Arches. On Orchid Nights, enjoy the flowers with live performances, dining and drinks. Feb. 23-April 28, [nybg.org](#)

The ultimate local craft beer festival

The NYC Brewers Guild's annual celebration of all things hops, malt and a little madness, NYC Beer Week returns Feb. 23-March 2 with over 60 breweries taking part in more than 150 events, from walk-around tastings to tap takeovers, brewer talks and pairing dinners. With beers brewed special for the festival, it's a chance to taste things you won't find anywhere else in the company of people who love one thing above all else. [nycbrewed.com](#)



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CUNY

Bryce Dallas Howard talks directing 'Star Wars' TV show

The "Jurassic World" star will direct an episode of "The Mandalorian."



MATT JUUL
mattjuul@metro.us

It sounds like Bryce Dallas Howard is following in her famous father's footsteps.

During the press conference for the 2019 Woman of the Year ceremony with the Hasty Pudding Theatricals at Harvard on Thursday, the "Jurassic World" star revealed that she hopes to transition to directing full-time, a trajectory that seemingly mirrors her legendary dad Ron Howard's path through Hollywood.

"I'm directing full-time," she told reporters.



The actress and director is working on the upcoming series "The Mandalorian." **LUCASFILM**

"I don't want to quit acting, but the way it's been for the last 12 years, I've directed, I would say between things, but really while I was pregnant."

Howard later added, "My personal hope is that

I'm so busy directing that I'm not able to follow through on acting in a feature."

As for what inspired Howard to get behind the camera more, the actress explained that working on

the upcoming "Star Wars" spinoff television series "The Mandalorian" convinced her to go full-time with directing. The show, which is being written and produced by Jon Favreau, will

feature Howard in the director's chair for an episode, while other notable names like Dave Filoni, Taika Waititi and more set to direct as well.

"Right now I'm in production on 'The Mandalorian,' which is the first live-action

awesome and has made me thoroughly addicted."

Howard isn't the first star in her family to travel to a galaxy far, far away, as her father recently directed the Han Solo origin film "Solo: A Star Wars Story." Howard revealed that her dad recently visited the set of "The Mandalorian," although it was a bit of a stressful situation for the budding director. Apparently the "Solo" filmmaker couldn't help but worry about his daughter and how she's handling the pressure of such a high-profile project.

"He came to the 'Star Wars' set and looked really nervous," Howard said. "I was like, 'Bye, Dad.'"

"It's because he's so deeply empathetic. He just wants everything to be amazing for me at all times."



Bryce Dallas Howard during the Hasty Pudding Woman of the Year press conference. **GETTY IMAGES**

Star Wars television show ever," Howard said. "Getting to do that has been

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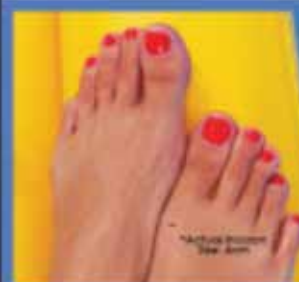
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Now that the Super Bowl is over, viewers can return to their regularly scheduled TV programming for the first full week of February. So from the return of HBO's "2 Dope Queens" specials to Hulu's unique coming-of-age comedy series "PEN15," here's what to watch on TV this week.

ANDREW HUSBAND

"MAN WITH A PLAN"

Feb. 4 at 8:30 p.m. on CBS

Friends alum Matt LeBlanc's CBS comedy "Man With a Plan" returns for a third season with the premiere episode "Wife-Proof." Now that his wife and business partner Andi (Liza Snyder) is going to be spending more time in the offices of their construction company, Adam (LeBlanc) realizes that he needs to turn the male-dominated den into a more female-friendly environment. Kevin Nealon, Kali Rocha, Stacey Keach and other regular cast members are also returning.

"AMERICAN HOUSEWIFE"

Feb. 5 at 8 p.m. on ABC

The ABC family comedy series returns from a short break for its midseason premiere on Tuesday. It couldn't have come at a better time, what with the recent government shutdown and reports of delays at the IRS, for "The Things You Do" finds husband Greg (Diedrich Bader) insisting on doing the family's taxes. Wife Katie (Katy Mixon), meanwhile, quickly realizes that she must take matters into her own hands in order to avoid catastrophe.

"2 DOPE QUEENS"

Feb. 8 at 11 p.m. on HBO

Following the official end of the podcast and the first run of HBO specials in 2018, Jessica Williams and Phoebe Robinson's comedy variety series is back for another four episodes. This time around, they will focus on "Fashion," "Nostalgia," "Music" and "Regal AF." Celebrity guests include Lupita Nyong'o, Daniel Radcliffe, Janet Mock, Lizzo and Keegan-Michael Key. Each entry will also feature a slew of up-and-coming stand-up comedians.

"PEN15"

Feb. 8 on Hulu

Imagine a mashup of Bo Burnham's celebrated film "Eighth Grade" and the classic camp comedy "Wet Hot American Summer." Chances are what you imagined will be pretty close to Maya Erskine and Anna Konkle's quirky coming-of-age comedy series "PEN15," which debuts Friday on Hulu. Executive produced by Andy Samberg, Akiva Schaffer and Jorma Taccone of The Lonely Island fame, "PEN15" sees Erskine and Konkle playing 13-year-old versions of themselves during the year 2000.

"RAY ROMANO: RIGHT HERE, AROUND THE CORNER"

Feb. 5 on Netflix

Comedian Ray Romano has recently pursued more dramatic and surprising roles in his acting career, especially in the films "The Big Sick" and "Paddleton." Twenty-three years after his last stand-up special, however, the comic is returning to his roots with a brand new one titled "Ray Romano: Right Here, Around the Corner." Combining two sets from the Comedy Cellar and Village Underground clubs in New York, the new Netflix special streams Tuesday.



"SONG OF PARKLAND"

Feb. 7 at 7 p.m. on HBO

Award-winning documentary filmmaker Amy Schatz's latest, "Song of Parkland," follows what transpired after the horrific mass shooting at Marjory Stoneman Douglas High School in Parkland, Florida. Specifically, the TV movie chronicles the aftermath of drama teacher Melody Herzfeld's efforts to protect her 65 theater students, whom she shoved into a storage closet during the shooting. Song of Parkland sees Herzfeld and her students return to school to finish their annual children's musical production.



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SPORTS

The Gang Green faithful stomached another Super Bowl featuring the Patriots.



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For much of the past 50 years, supporters of the New York Jets could have described themselves as more as sadists rather than football fans.

After all, they are rooting for a team that has won just a single championship since 1969.

The ensuing five decades have been filled with mediocrity, heart-break, head-scratching, and complete shock as the Jets have found new ways to hit new lows.

The past 18 years have been especially tough on them consider-

ing they were the ones that helped usher in the New England Patriots' golden age. Who knows how things would have played out had the Jets not injured Drew Bledsoe, making way for Tom Brady?

To add insult to injury, Brady paired up with head coach Bill Belichick — the same head coach who stepped down from coaching the Jets after just one day in 2000 — to spark the 21st-century revolution from a much different set of Patriots.

In a turn of events befitting of Murphy's Law, the Jets have seen their biggest divisional rival become one of the greatest dynasties in the history of North American professional sports.

It's basically become an annual tradition for Jets fans, especially the younger ones, to settle around their televisions on Super Bowl Sunday to watch the Patriots represent the AFC in one of the biggest games on the planet.



For the ninth time in 18 years, the Jets watched the Pats in another Super Bowl on Sunday. GETTY IMAGES

Sunday night was no different as the Patriots took on the Los Angeles Rams in Super Bowl LIII. It was the ninth time in 18 years New England was playing on Super Bowl Sunday and, to the disgust of all Jets fans, the sixth time Brady and Belichick lifted the Lombardi Trophy.

But when will a Super Sunday come that

doesn't contain the Patriots and maybe, almost unbelievably, feature the Jets instead?

Well, it might not be as far away as we think, considering how the team is positioning themselves for the future.

The quarterback position seems set with Sam Darnold slated to become the face of the

franchise. But it's imperative to surround him with bona fide talent.

In the early stages of their offseason, they continue to be linked with All-Pro, free-agent running back Le'Veon Bell, who has already been recruited by Jets Pro Bowl safety Jamal Adams.

The Jets will have no problem outbidding any team for Bell or other

big-name free agents seeing as they have the second-most cap space in the NFL (over \$90 million).

It not only can get them a premier running back, but top receiving options to give Darnold reliable outside targets.

On the defensive side of the ball, Jets also hold the No. 3 pick of the 2019 NFL Draft, which could land them a talented pass rusher like Kentucky's Josh Allen.

While the Jets are poised for ascension, the book is still out on when the Patriots will fall from their top perch. We seem to say that every year is the final year of the Patriots dynasty. Brady isn't getting any younger, Belichick will likely go once Brady retires, and Rob Gronkowski could be on his way out, too.

The past two decades have suggested to never bet against the Patriots, but it might be time to at least keep an eye on the Jets.

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Knicks positioned for monster summer

The trade of Kristaps Porzingis has New York poised for contention sooner rather than later.



JOE PANTORNO
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It turns out that no player on the New York Knicks is untouchable after the NBA's worst team traded away its best player, Kristaps Porzingis, to the Dallas Mavericks in a seven-player deal on Thursday afternoon.

The injured star, who not long ago was believed to be the face of the franchise, lasted just three-plus seasons in New York as general manager Scott Perry and president Steve Mills dealt the 23-year-old shortly after a meeting Thursday in which he expressed concern of the organization's direction.

His mounting frustra-

tion, which has lasted for a few years now, must have been all the indication needed that Perry and Mills either were not going to be able to re-sign him or just didn't want to.

In total, seven players were swapped in the deal as the Knicks also sent Tim Hardaway Jr., Courtney Lee and Trey Burke to Dallas. In return, New York received second-year guard Dennis Smith Jr. and the expiring contracts of DeAndre Jordan and Wes Matthews along with two future first-round draft picks.

While the Knicks do pick up a guard who has shown legitimate promise at the NBA level in Smith before falling out of favor in Dallas after the emergence of Luka Doncic, they more importantly were able to shed some serious salary. After the departures of Matthews, Jordan and Enes Kanter, the Knicks will have approximately \$71 million in cap space



The Knicks are considered favorites to sign Kevin Durant this summer. GETTY

for free agency this summer, which makes them major players for two max-salary contracts.

At this point, it almost seems like a lock that Kevin Durant will be making his way to Madison Square Garden this summer. He and the Knicks have been linked

since last offseason, when it became apparent that the superstar might not return to the Golden State Warriors.

The Knicks can offer Durant a max four-year deal worth \$164 million, which comes out to around \$38 million per year. That leaves \$34

million for the Knicks to nab another big-name free agent. If that's the case, the Knicks can simply ask Durant whom he wants with him in New York, which could very well be Kyrie Irving.

Boston's star point guard has seemingly been on the fence when it comes to his future with the Celtics. Last summer saw Irving state that he wouldn't be signing an extension with the Celtics after being traded from the Cleveland Cavaliers. It immediately catapulted the Knicks as possible suitors after Irving expressed an interest in a homecoming of sorts. (The 26-year-old grew up in New Jersey, just 15 miles from Madison Square Garden.)

The tune changed at the start of the 2018-19 season, when he said he would re-sign with the

team, but it seems as though things have flipped again.

Should Irving hit free agency, the Knicks shouldn't have much of a problem recruiting him, especially if Durant is in the cards as well.

If that wasn't good enough, the trading of Porzingis all but eliminates the Knicks' chances of trading away their first-round pick for the likes of Anthony Davis this year. Suddenly, if the Knicks can nab the No. 1 selection, they can slot Zion Williamson into the lineup.

Suddenly the Knicks are looking at a starting five that includes Irving, Dennis Smith Jr., Durant and Williamson.

I think Knicks fans won't mind dealing Porzingis if this is what the Knicks roll out in 2019-20.

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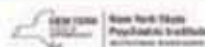
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GAMES

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ACROSS

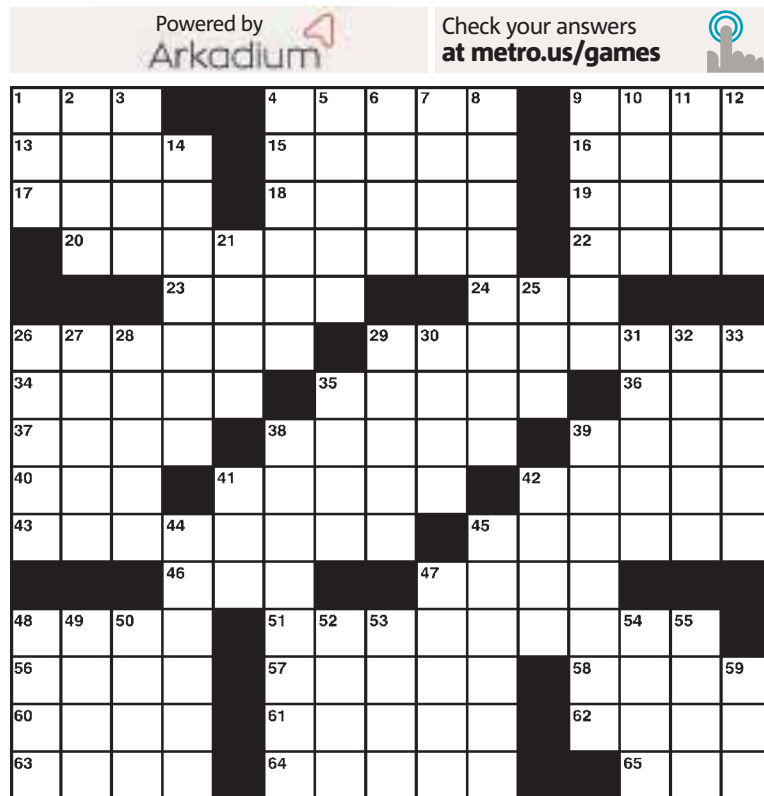
- 1 Respiratory bug
4 Snatches
9 Bathtub ring
13 Actor Jack ____
15 Fit for a king
16 ____ of Good Hope
17 Meditative exercise
18 "Rigoletto" or "Tosca"
19 Hilarious person
20 Talks into
22 Hotels
23 Too inquisitive
24 Haw's partner, in phrase
26 Conflict
29 Car engine's exhaust vent
34 ____ to; indicate
35 Elephant's nose
36 Source of light & heat
37 Yearn
38 ____ at; attempted to punch
39 Shiny on top
40 "____ Complicated"; 2009 Meryl Streep film
41 Slanted
42 Tenant's agreement

- 43 Seminary course
45 Coerced
46 Basketball hoop edge
47 Crazy as a ____
48 "He ____ Quiet Man"; Christian Slater film
51 Outcome
56 Horseshoe material
57 Piece of garlic
58 Charles & Romano
60 Highly self-satisfied
61 Despises
62 City fellow on a ranch
63 Excessive publicity
64 "____ Caroline"; Neil Diamond hit
65 Soothing drink

DOWN

- 1 Pesky insect
2 Stunt pilot's maneuver
3 Encourage
4 Ground-dwelling game bird
5 Compensate
6 Matured
7 Unadorned
8 Making wide cuts
9 Pinch pennies
10 Early murderer

- 11 "Once ____ a time..."
12 New York team
14 Mending socks
21 ____ drinks; pops
25 Wapiti
26 Go separate ways
27 Canine or molar
28 Dishwasher cycle
29 "Yours ____"; letter closing
30 Close relative
31 Esau & Jacob's dad
32 Vital sign in the wrist
33 Concluded
35 Tiny branch
38 Bellies
39 George ____ Shaw
41 Actress MacGraw
42 Weaving device
44 Prison garb color, often
45 Woods
47 Water barrier
48 "When You ____ Upon a Star"
49 Military force
50 Broth or chowder
52 Defect
53 Canvas bag
54 Tight, as a rope
55 Jekyll's alter ego
59 Baltic or Black



BY TCA

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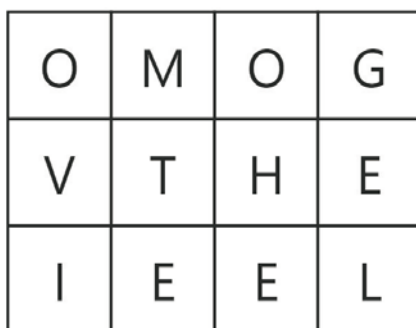
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Super
Throw
Touchdown

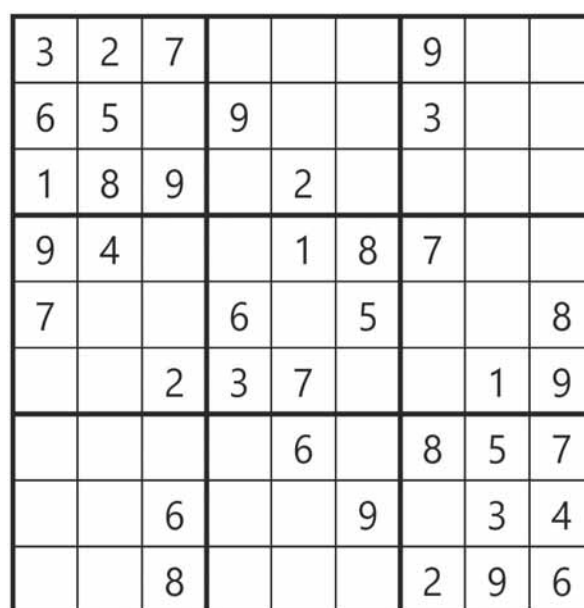
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